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MO' FACIAL HAIR, MO' AWARENESS
IT'S THE MONTH OF THE MOUSTACHE {page 14}



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{page 20}

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HALIFAX
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News worth sharing.

RYAN TAPLIN/METRO



▶ Marcia Jeffers poses for a photo yesterday outside the Dartmouth Learning Network office.

It's never too late to learn

Province launches new awareness campaign for adult literacy More than 4,500 enrolled at Nova Scotia School for Adult Learning last year

Marcia Jeffers always thought she wasn't well read enough to voice her opinion.

"I used to be afraid to speak my mind because I didn't think I was worthy," she said.

Then last year Jeffers, 30, enrolled in an adult learning program, earning her high school diploma and work experience.

On graduation day "when we walked across the stage to the applause of our loved ones, it was with the knowledge that we were resolved of some of our most far-reaching and personal failures," she said. "Gosh, that was a great feeling."

Jeffers was one of two adult learners who spoke yesterday at the launch of a four-year awareness campaign. All four Atlantic provinces are on board and will split the $500,000 price tag.

"It's a call to action that will encourage more and more adults to participate in such programs," said Marilyn More, minister of Labour and Workforce Development.

Rose Moore, 52, recently went back to school after being out of the classroom for about 37 years. "I didn't know what to expect and my last experience at school was not good. What I found was a comfortable and very supportive environment," she said. Moore will get her high school diploma in May and is going on to college for a career in corrections.



"A year ago when I started this journey, I never expected to be where I am right now. I'm very pleased with myself."
ROSE MOORE, ADULT LEARNER

"Hopefully, the sheriffs department — that's what I'm after," she said. "If I can do it, anyone can do it. That's why I'm here to tell everybody that." JENNIFER TAPLIN

RCMP officer shoots dog dead

Aggressive dog escaped chain Halloween night: Police {page 3}

Voting day in the U.S.

Is congressional elections a lose-lose proposition? {page 7}




WHAT NOT TO WEAR
metro
Fantastic new species discovered
metro
News worth sharing.

Mountie shoots, kills hostile dog

A Halifax RCMP officer shot and killed an aggressive dog that police say scared trick-or-treaters on Sunday night.

Cpl. Scott MacRae, RCMP spokesman, said a 150-pound rottweiler/bull mastiff dog got off its chain in North Preston on Halloween night.

MacRae said an officer was nearby and arrived quickly after the call came in at 6 p.m. to Amos Walter Drive.

"He put himself in between the kids and the dog so they could get into the house," MacRae said.

"The dog didn't take kindly to the big officer in front of him and went after him."

The dog attacked the officer, latching onto his arm. Fortunately the officer managed to fight off the dog and wasn't tackled to the ground, MacRae said.

"The dog came at him a second time at which the RCMP officer used his service gun and shot at the dog, fatally wounding the animal."

No parents or children were hurt, and the officer required only minor medical treatment for the bite to his arm.

"It's under investigation," MacRae said.

"Halifax Regional Municipality Animal Services are investigating and right now we don't think charges will be anticipated."

MacRae said he believes investigators have identified the owner but doesn't know why there likely won't be charges.

JENNIFER TAPLIN

Details

- Amos Walter Drive is a rural, dead-end street in North Preston.
- One neighbour interviewed by Metro yesterday said they saw an ambulance and police vehicles stopping at a house mid-way down the street on Sunday night but didn't know what it was about.

Tories pounce over new Pictou Co. jail

- Facility replacing aging prisons in Cumberland County, Antigonish
- Baillie critical of decision

Building the new 100-cell prison in Pictou County will save the province approximately $5.5 million in construction costs and $1.7 million in operations per year, according to Justice Minister Ross Landry.

But opposition critics remain focused on what they call a "broken promise" to the people in Cumberland County.

At a press conference in Thorburn yesterday, Landry announced the new $31-million provincial jail will be built in nearby Coalburn, which is just east of New Glasgow.

The jail will service courts in Truro, Antigonish, Pictou and Port Hawksbury. Department of Justice officials also say it will lighten the load on current provincial prisons, including the Central Nova Correctional Facility.

Progressive Conservative Leader Jamie Baillie accused the province of "manipulation," alleging the government had long-ago decided to locate the prison in Pictou.

"The Department of Justice carefully examined factors like cost, location, operational efficiency ... The Coalburn site is clearly the best option from both a cost and operational perspective."
JUSTICE MINISTER ROSS LANDRY IN A STATEMENT

"That decision was made on a political basis, not on a business-case basis as it should have been," he said yesterday.

Baillie said he doesn't trust the government's estimate that it will save $1.7 million a year by locating the jail between Cumberland County and Antigonish.

ALEX BOUTILIER

ANDREW VAUGHAN/THE CANADIAN PRESS



Justice Minister Ross Landry, accompanied by senior corrections officers, holds a drawing of a new 100-cell jail after a news conference in Thorburn, Pictou Co., yesterday.

Help sought in arson probe

Police are looking for the public's help in trying to determine who is responsible for a number of fires being deliberately set in a Dartmouth neighbourhood.

Halifax Regional Police say five fires have been intentionally lit in the Lakecrest Drive area since early September. The most recent arson, according to police, came last Wednesday in the laundry room of an apartment building.

Risk

- Police say no one has been hurt in the fires, but add they pose a risk to public safety.

Police spokesman Const. Brian Palmeter said of the five arsons, three have taken place in this same apartment building.

He describes the fires as "relatively minor," although in one instance a car was set ablaze.

Police believe at least some of the fires are related, but have no conclusive evidence to confirm that.

PHILIP CROUCHER

AGREEMENT

Settlement in puck suit: CBC

A settlement was reached on the eve of a Supreme Court case between a woman who was hit by a puck and the arena where it happened.

CBC reported the settlement was reached yesterday between the West Colchester Arena in Debert and Louitta Fischer, who was hit in the head by a stray puck 14 years ago. She was in a coma for three months and was disabled when she awoke.

The terms of the agreement and the compensation are confidential, reports CBC.

METRO

1 news

News on the move

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On the web at metronews.ca



An escape artists claws his way to the surface after being buried alive for two days. Video at metronews.ca

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Thieves infiltrate Honduras military base to steal plane seized in anti-drug sweep. Scan code for story.

New plan for green energy producers

Nova Scotia Power filed a proposal with the province's utility regulator yesterday to expand its net metering program.

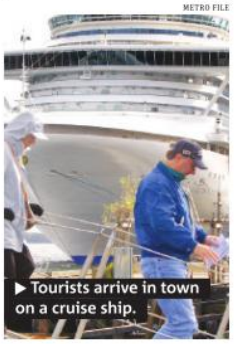
Net metering allows customers that generate their own renewable energy to use that energy to cut back on their power bills. According to NSPI, more than 80 residential and commercial customers participate in the program, offered since 1989.

If the application is approved by the Utility and Review Board, however, customers would be eligible to sell surplus energy to NSPI.

The energy company was compelled to file plans for an enhanced net metering program by yesterday, thanks to amendments to the Electricity Act approved by the government earlier this year.

METRO

METRO FILE



▶ Tourists arrive in town on a cruise ship.

Cruising to the tune of $50 million

More than 260,000 tourists on 127 ships visited Halifax during the 2010 cruise season, according to numbers released by Port of Halifax yesterday.

The port authority estimated the economic impact of the 2010 season to be $50 million — including passenger, crew and cruise line spending in the Halifax area.

Destination Halifax, a provincially and municipally funded tourism promoter, estimated eight per cent of all tourists visiting Halifax arrive on cruise ships. Patricia Lyall, DH president, attributed the performance to a Halifax experience "rooted in authenticity," starting when visitors arrive at the brand-new Cruise Pavilion. METRO

Cancer. Awareness



▶ New Democrat Peter Stoffer of Sackville-Eastern Shore has his moustache shaved off by MP Glenn Thibeault yesterday in the foyer of the House of Commons. The shaving was part of a campaign to raise funds and awareness for prostate cancer research, known as "Movember."

SEAN KILPATRICK/THE CANADIAN PRESS

Stoffer makes a Movember move

Councillor fund gets blasted

Non-profit spending should go through HRM's budget process: CTF



JENNIFER TAPLIN
@METRONEWS.CA

The Canadian Taxpayers Federation went on the attack yesterday, calling the HRM councillors' community fund a "recipe for corruption and vote buying."

Councillors can spend $65,000 for non-profit capital projects each year and $3,000 on non-profit organizations.

"The councillors themselves control it and therefore it's used for political purposes rather than what it should be used for ... the benefit of all taxpayers," said Kevin Lacey, CTF Atlantic director.

He added he doesn't have a problem with spending money on these projects, just the process in how it's done.

"The city is $35 million in debt and we're talking about budget cuts in a number of areas; at the same time, city councillors are treating our money like it's theirs and donating to different projects when that should be going through an accountable process."

Bedford Coun. Tim Outhit said the discretionary funds are tightly controlled and transparent to the public.

"I think (Lacey) is trying to stir up a little attention for his organization," he said. "There's no risk of corruption if there are very strict rules on how it can be spent and it's transparent."

About a year ago, Outhit and Northwest Arm-South End Coun. Sue Uteck suggested it wouldn't be a bad idea to freeze salaries and the community fund in light of the municipality's finances.

The scheduled raises for council (4.04 per cent for the mayor and 1.62 per cent for councillors) took effect yesterday.

"It was decided that wouldn't be the case and the majority of councillors use the fund for good purposes to improve facilities and parks," he said, adding that he'd like to revisit this issue.

For more local news, visit metronews.ca

Spending

- Councillor discretionary funds support local recreational and educational activities.
- Donations are made to not-for-profit groups and not to individuals.
- Items purchased in the last year for the capital funds include park signs, facility upgrades, pathways and landscaping.

Brothers in court in quarry killing

Two brothers each facing a charge of first-degree murder in the death of an 18-year-old Dartmouth man will be making their first court appearance today.

Kyle Brian Gowen, 22, and Steven Shaun Gowen, 21, both of Eastern Passage, are being arraigned this morning at Truro provincial court.

Third suspect

Amanda Greene was charged last week.

She is due back in court on Nov. 25 for election and/or plea.

The Gowens were charged on Sunday, one day after police arrested them.

The two join 18-year-old Amanda Allison Greene, also from Eastern Passage, in being accused of killing Dillon Blair Jewett.

The 18-year-old was found shot to death near the East Uniacke Quarry on Oct. 3.

METRO

News in brief

Car stopped, pot stash found

DRUGS. A man was arrested for allegedly trafficking drugs after a traffic stop in Cole Harbour on Sunday night.

RCMP officers pulled over the vehicle on Cole Harbour Road and found just over 50 grams of marijuana and cash in the vehicle.

The man, whose name was not released, will appear in Dartmouth court on Dec. 1.

METRO

Tricks, not treats, in C.B.

CRIMES. Halloween weekend proved busy for police in Cape Breton as they responded to more than 200 calls involving suspicious fires, property damage and injury.

In one incident, a man with burns to his upper body was taken to hospital Sunday night shortly after officers found a car fully engulfed in flames near his home.

THE CANADIAN PRESS

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MARITIMES

Credit unions could merge

Proposed legislation in Nova Scotia would allow credit unions in Atlantic Canada to merge under a centralized system.

Finance Minister Graham Steele says amendments to the Credit Union Act will allow Credit Union Central of Nova Scotia to become Atlantic Central and acquire its counterparts in New Brunswick and Prince Edward Island.

Steele says the goal is to create a stronger system through a larger and more cost-effective trade association.

Steele says the new association is contingent on similar legislation being passed in New Brunswick and P.E.I.

Credit unions in Newfoundland are already part of the Nova Scotia central. THE CANADIAN PRESS

Modest growth expected

The Atlantic Provinces Economic Council says the region has weathered the recent recession fairly well and can expect modest growth next year.

In its annual economic outlook released yesterday, the think-tank said Newfoundland and Labrador will continue to outpace the rest of the region in 2011 with three per cent growth.

Nova Scotia is expected to see 1.6 per cent growth next year, benefiting from a strong demand for retail goods and housing. "Although non-energy exports and manufacturing are on the mend, the energy sector is lagging," said the report. "Low natural gas prices will reduce the probability of any resurgence in offshore exploration, which has been stagnant for over five years." THE CANADIAN PRESS

1.7%
Expected growth in economic forecast for P.E.I. and New Brunswick

Nalcor won't rush

The head of Nalcor Energy won't say whether the Newfoundland and Labrador Crown agency is close to inking a deal with Halifax-based Emera Inc. on the proposed Lower Churchill hydroelectric project. Last week, Premier Danny Williams said talks were ongoing and he planned to make an announcement "sooner rather than later." But Nalcor CEO Ed Martin would only say yesterday both sides were actively working toward a solution.

"The relationship is very positive," Martin said.

"But ... I honestly cannot say that we will come to some arrangements because I just don't know yet." THE CANADIAN PRESS

Steele, Baillie agree, disagree

Minister responds to Tory leader's pledges to balance books, roll back HST ◐ A $300-million surplus required before tax cut on the table: Steele



ALEX BOUTILIER
@METRONEWS.CA

Finance Minister Graham Steele and Progressive Conservative Leader Jamie Baillie are in agreement on how to put the province back in black ink.

What to do then, however, is the subject of some disagreement.

On Saturday, Baillie pleaded that, if elected premier, he would balance the books by "pinching every penny" in every government department.

Baillie, who helped to deliver balanced budgets as Premier John Hamm's chief of staff, said the process requires hard work.

Steele agrees.

"That's going to require some difficult decisions, it's going to require making every dollar work harder than it's ever worked before," said Steele, whose own back to balance plan envisions the budget balanced in 2014.

"On that happy day when we're running that kind of surplus, I'll look forward to having a debate with (Baillie) on how best to return that money to Nova Scotians."
FINANCE MINISTER GRAHAM STEELE

RYAN TAPLIN/METRO



▶ Finance Minister Graham Steele

But he said he didn't understand Baillie's subsequent commitment to roll back last summer's two-percentage-point HST increase.

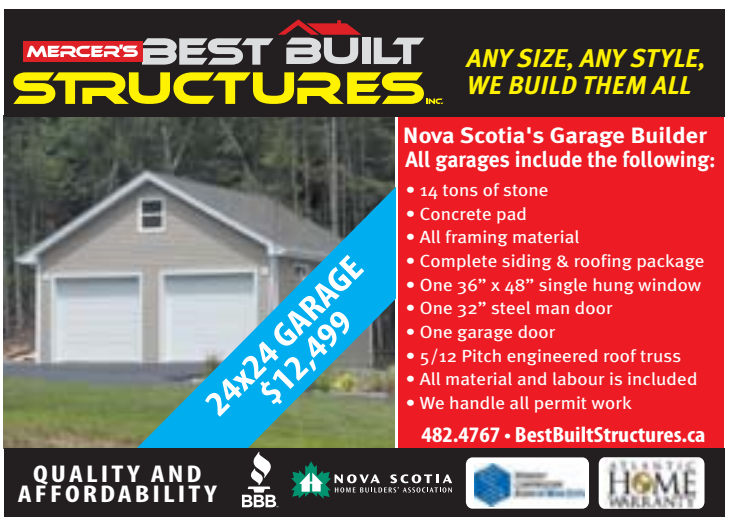
"If he's going to eliminate the HST, which is worth $300-million a year, then he has to be running a $300-million surplus," said Steele.

"So I'd be interested in knowing his plans for not just getting to balance ... but how he was going to generate a $300-million surplus."

If the government does manage to run a surplus, Steele said he looks forward to having the discussion the possibility of scaling back the HST increase.

"But) we've got a long way to go before we get there."





American voters face two dubious options

U.S. in serious trouble, and both parties lack ideas to fix it:Former U.S. comptroller general

Americans face an unenviable choice today as they vote in this year's hotly anticipated mid-term congressional elections: Casting a ballot for the party that caused much of the financial mess that's left one in 10 U.S. citizens jobless, or choosing the one that has failed to clean it up.

The mid-terms traditionally serve as a referendum on the sitting commander-in-chief's presidency, and that's never more so than this year.

Barack Obama is struggling to deal with the worst economic times to befall the United States since the Great Depression, with the Republicans poised to make huge gains in Congress, thanks to voter outrage over the sluggish economic recovery.

THE CANADIAN PRESS

Red wave

Some Tea Party candidates are expected to benefit from a Republican juggernaut.

- The Republicans are predicted to regain control of the House of Representatives.
- Polls suggest Democrats will manage to hold onto the Senate.

435/36/37

All 435 seats in the House of Representatives are up for grabs, while 37 senators and 36 governors will also have their fates sealed by voters.

CHRIS CARLSON/THE ASSOCIATED PRESS



▶ U.S. Sen. Barbara Boxer, left, a Democrat representing California, and California attorney general and Democratic gubernatorial candidate Jerry Brown arrive for a campaign rally at the Los Angeles Public Central Library yesterday.

Ottawa to tweak immigration levels in 2011

The federal government wants to keep Canada's immigration levels steady next year but change the mix of newcomers, limiting economic immigrants and boosting the number of spouses and children.

In its annual report to Parliament on immigration, the Conservative government says it aims to take in between 240,000 and 265,000 new permanent residents next year.

That's the same target as this year and last.

But Immigration Minister Jason Kenney is looking to cut the economic class of immigrants by about 5,000 people — despite highlighting the growing dependence of the Canadian workforce on immigrant labour.

"Canada's post-recession economy demands a high level of legal immigration to keep our workforce strong," he said in a news release.

DARRYL DYCK/THE CANADIAN PRESS



▶ Immigration Minister Jason Kenney

NDP critic Olivia Chow welcomed the increase in spouses and children, but was disappointed that the increases did not also extend to the parents of immigrants. She said some families are waiting six years to bring their parents over. By keeping immigration levels steady, Kenney is walking a fine line between those who want levels to rise steadily to deal with an expected worker shortage, and those who want to cut back dramatically on newcomers until well after the recession.

THE CANADIAN PRESS

New targets

- Kenney is increasing the target range for spouses and children, to a high of 48,000 — up from 45,000 in 2010, and back to the historical norm.
- He is also expecting the number of refugees to rise, partly because the government has committed to doubling the number it resettles from overseas refugee camps.

Police search for tossed-out baby

Police are searching an area the size of a football field in a Saskatoon landfill for the body of a newborn baby they believe was born to a 17-year-old girl last month.

"We're looking at between four and six feet in depth, that would be about one week's garbage that we have to look through," said police spokeswoman Alyson Edwards.

Police believe that after the teenager gave birth over the Thanksgiving weekend the baby died and the body was put in a garbage container outside the home. THE CANADIAN PRESS

Harper aide promises no conflicts

Prime Minister Stephen Harper's new chief of staff, Nigel Wright, who is on leave from a private equity firm, says he will put up an ethical wall to avoid any potential conflicts of interest.

THE CANADIAN PRESS

TOM HANSON/THE CANADIAN PRESS



▶ Nigel Wright

NASA set to launch first humanoid bot

Space is about to get its first humanoid from planet Earth.

Robonaut 2 — or R2, as it is affectionately known — is hitching a one-way ride to the International Space Station this week aboard the final flight of NASA's space shuttle Discovery.

It's the first humanoid robot ever bound for space, a $2.5-million mechanical and electrical marvel that NASA hopes one day will assist flesh-and-bone astronauts in orbit.

THE ASSOCIATED PRESS

TORSTAR NEWS SERVICE FILE



▶ Ashley Kirilow

More fraud charges

▶ Woman accused of faking cancer in court today ▶ Family did not come to her last court appearance ▶ She is eager to 'move on with her life': Lawyer

An Ontario woman accused of pretending to have terminal cancer and keeping thousands of dollars in donations for herself is facing three new charges, her lawyer said yesterday.

Ashley Kirilow of Burlington, Ont., now faces six counts of fraud under $5,000 — of which three are new charges — and one count of fraud over $5,000.

Kirilow's lawyer Brendan Neil said the new charges are all related to the same allegations and time period as the others.

He couldn't say for sure if they relate to new complainants, but conceded there "may be a new person's name attached to it."

Police allege Kirilow, 23, faked cancer to raise money that she promised to give to charity, but kept the cash for herself.

As part of the conditions of her release, Kirilow has been under the supervision of the John Howard Society, a non-profit organization that assists people in trouble with the law.

THE CANADIAN PRESS



Chilean miner to run N.Y.C. marathon

The Chilean miner who jogged in the tunnels while trapped underground not only will attend Sunday's New York City Marathon — he wants to run it.

Marathon officials had invited Edison Pena to watch the race after hearing his story when the miners were rescued last month. They thought he could ride in the lead vehicle or hold the finish line tape, but never expected the Chilean consulate to tell them Pena wanted to run.

"He absolutely, 100 per cent wants to participate," New York Road Runners president Mary Wittenberg said at a luncheon yesterday.

Marathon organizers still were working to organize Pena's travel to New York and figure out exactly how to best honour him.

Pena was one of the 33 miners whose saga captivated the world when they were trapped for 69 days after an Aug. 5 collapse stranded them nearly a half-mile underground. Marathon officials had been in contact with the consulate since the rescue, and last week they received word that Pena had accepted their invitation to attend.

THE ASSOCIATED PRESS

Feds seek jail time for student who hacked Sarah Palin's email

A former Tennessee college student convicted of hacking Sarah Palin's email in 2008 is seeking probation but federal prosecutors contend he should go to prison for trying to "derail a national election."

Prosecutors in a court filing ahead of David Kernell's Nov. 12 sentencing hearing in Knoxville recommend 18 months imprisonment "to reflect the seriousness of the defendant's conduct, promote respect for the law and provide just punishment."

Defence attorney Wade Davies disagreed, filing a motion that says probation is justified, partly because of the 22-year-old former University of Tennessee student's youth. Part of the motion for probation is filed under seal.

Documents say only that it includes protected health information from treatment Kernell received as a juvenile.

A jury in April convicted Kernell on charges that include unauthorized access to a protected computer and destroying records to impede a federal investigation.

The maximum possible penalty for destroying or concealing records to impede an investigation is 20 years, according to the government's sentencing memorandum.

Applying sentencing guidelines to Kernell, however, the memorandum says the penalty ranges from 15 months to 21 months.

The former Alaska governor and her daughter Bristol testified that the hacking, followed by Kernell's online bragging and providing the password and Palin family telephone numbers to others, caused them emotional hardship.

Palin previously declined comment about Kernell's sentence and said it should be up to the judge.

THE ASSOCIATED PRESS

Facebook flap leads to ousting of volunteer

Premier's office declined to comment Ghent stressed she is not a member of any political party

Political discourse in Newfoundland and Labrador hit another low as the government dumped a volunteer who quipped about the premier's penis size on Facebook.

The flap comes just days after Liberal Opposition spin doctor Craig Westcott apologized for an email questioning whether Danny Williams is mentally ill or in the last stages of syphilis.

Rural Development Minister Shawn Skinner said yesterday that Pamela Pardy Ghent was removed from the province's rural secretariat for a status update she posted early Sunday morning on Facebook.

COURTESY CBC NEWS ONLINE



▶ Pamela Pardy Ghent

It said: "Thinking about sending Liz (Elizabeth Matthews, communications director for Williams) an email asking her to disclose the premier's penis size....legit question, right? You know, small man syndrome made it to the psych (psychology) books, didn't it? Besides, what could it hurt? Everyone can take a joke, right?"

Apparently not. Ghent said she got a call Sunday night from a senior rural development official with the provincial government who advised her she was being dismissed.

Ghent's Facebook friends include various provincial cabinet ministers. Yesterday, Skinner confirmed the off-colour posting prompted her ouster.

THE CANADIAN PRESS



BERNADETTE711

Shadows on a ferry

Today's photo of the day is by Canadian Bernadette711 and was submitted in the Everyday Travel category. The photo is titled: Father and son shadows on Smallwood Ferry bound for Port aux Basque, N.L. Enter your photos today and view more pictures at metrophotochallenge.ca.

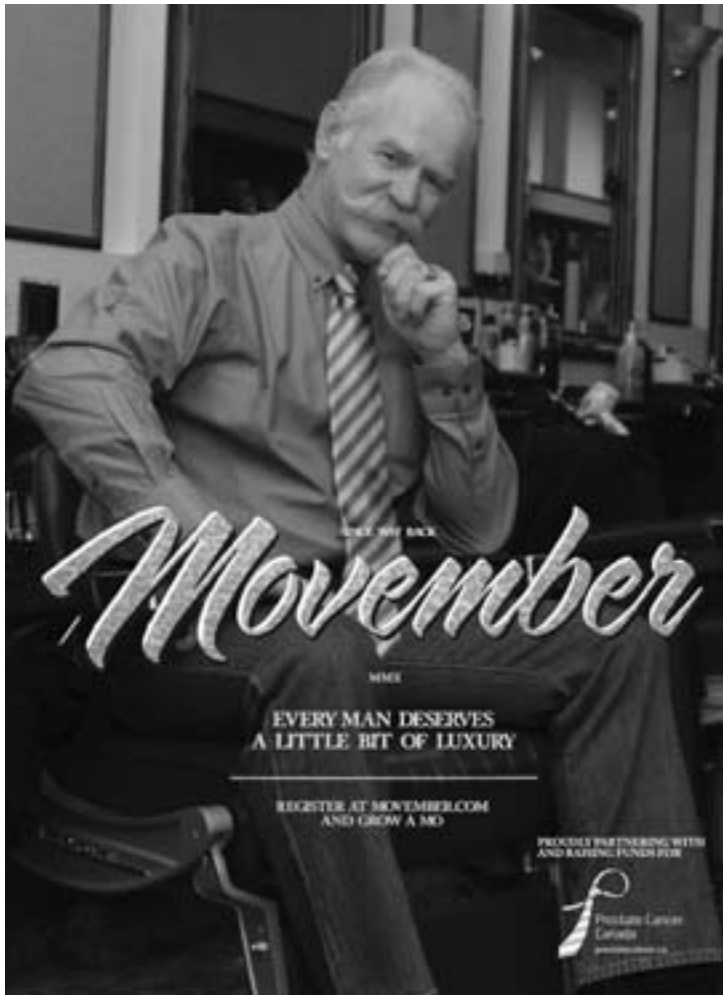
metro PHOTO CHALLENGE

Measures

Britain announced measures to halt air cargo from Yemen and Somalia.

Yemen cargo banned

Transport Minister Chuck Strahl says Canada is banning air cargo from Yemen. The minister says it was not prompted by any specific threat. THE CANADIAN PRESS



November 23, 2010

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Supporting partner: GreaterHalifax Partnership

U.S. incomes drop

Federal Reserve may buy treasury bonds to drive interest rates lower

ORLIN WAGNER/THE ASSOCIATED PRESS



▶ Carrie Warden, manager of The Sconelady's Coffee Shop, paints a sign for their fall coffee sale in Lawrence, Kan.

Americans slowed their spending in September to the weakest pace in three months and their incomes fell for the first time in 14 months.

Personal spending rose at an annual rate of 0.2 per cent in September, the Commerce Department said yesterday. That's below the 0.5 per cent gains recorded in July and August.

Incomes fell 0.1 per cent in September, following a 0.4 per cent rise in August that had been pushed higher by the return of extended unemployment benefits.

The drop in incomes was the first decline since incomes fell 0.3 per cent in July 2009.

The August gain had been skewed by the reinstatement of an extended unemployment benefits program, which had temporarily lapsed in July after Republicans had blocked an extension.

Those extended benefits expire at the end of November. It's unclear if Democrats can muster enough votes to pass one more extension of benefits before the year ends.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 11.43 (12,664.81)	+ 0.4¢ (98.42¢ US)	+ $1.52 US ($82.95 US)	$3.832 (– 20.6 ¢)

Gold contracts $1,350.60 (– $7.00)

BoC to feel impact of Fed's move

Canadians have as much at stake as Americans in the Federal Reserve's decision this week whether to inject new stimulus into the U.S. economy.

The betting among economists is that the Fed has little choice but to initiate a second round of quantitative easing tomorrow, injecting $500 billion to $2 trillion.

Economists say the move will tie the hands of the Bank of Canada in seeking to normalize interest rates, since it does not want to open a wide canyon with its U.S. counterpart. THE CANADIAN PRESS

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I LOOKED AT A GIRL ... AND LIKED IT

She says ...

JESSICA NAPIER



A couple weeks ago, I spotted her at a too-hip-for-me restaurant. I instantly felt flustered and had to whisper an awkward explanation to my confused dinner companion. Look at her! Her hair is the best and that dress is so cute and she's in interior design and, Oh my God, did you see her shoes?

Luckily, my friend understood; we've all experienced that totally irrational nervousness around a girl crush at one point or another.

Let me be clear that I'm not rethinking my sexuality. I have a girl crush and my feelings are very platonic; it's a decidedly non-sexual appreciation.

A 2005 New York Times article on the subject of girl crushes describes the phenomenon as the "fervent infatuation that one heterosexual woman develops for another woman who may seem impossibly sophisticated, gifted, beautiful or accomplished."

That sounds about right.

Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool. They are the women that design jewelry as a career, never have a bad hair day and can actually wear an on-trend jumpsuit without looking like a plumber.

"Girl crushes are those fantastic femmes we put up on a pedestal because they're just so unbelievably cool."

Evidently, I've fallen pretty hard for my own same-sex object of desire. But it's totally harmless and not at all creepy (I promise). I don't want to get with her; I just want to hang out and maybe borrow some of her clothes.

The best girl crushes aren't close friends (that's just weird) but someone to admire from afar. Celebrities are common subjects for girl-crushing, but personally I am much more likely to develop a thing for a friend of a friend, a girl who rides the bus with me, or (dare I say it) a stranger I stumble upon while browsing a long-lost classmate's Facebook profile.

Let's reiterate — I swear this isn't creepy.

Funnily enough, my boyfriend usually offers a pretty lacklustre response when I point out a girl that I think is oh-so-awesome. While you might assume he's just trying to be diplomatic, this actually makes a lot of sense. Girl crushes are Girl Hot rather than Guy Hot. Trust me, there's a difference. Megan Fox is Guy Hot; Alexa Chung is Girl Hot.

Women become enamoured with women who are funky, stylish and successful while men tend to worship … well, body parts.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Worth mentioning

China kicked off a once-a-decade census yesterday, a whirlwind 10-day head count that sees six million census takers scrutinize apartment blocks, scour migrant areas and scan rural villages to document massive demographic changes in the world's most populous country.

The 2000 tally put China's official population at 1.295 billion people, but missed migrant workers living in cities for less than six months. In the 10 years since, there has been an extensive shift in the population base as tens of millions of migrant workers have poured into urban areas looking for work.

It is the sixth time China has carried out a national census, but the first time it will count people where they live and not where their resident certificate, or hukou, is legally registered. The change will better track the demographic changes and find the true size of China's giant cities, the populations of which up to now have been only estimates.

There have been no published predictions on how much China's population has grown in the last decade, but if it grew by just one per cent per year, that would be an addition of 130 million people — or nearly half the population of the U.S. — in just 10 years. THE ASSOCIATED PRESS

One, two ...

THE ASSOCIATED PRESS



Is American politics more interesting than Canadian politics? Why?

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Metro Minute with J.P. Cormier

Looking to break up your work week? Why not take in Cape Breton singer-songwriter J.P. Cormier, who is performing the second of two shows tonight at The Carleton.

The award-winning musician has been bringing his unique brand of music to audiences for the past 25 years and needs no help in putting on a great show for fans.

Joining Cormier on stage will be the Elliott Brothers on upright bass and acoustic guitar.

Cormier also performed at The Carleton last night as he makes his way around the Maritimes.

Showtime is set for 9 p.m. with a $20 admission charge.

METRO

CONTRIBUTED



▶ J.P. Cormier will play tonight at The Carleton.

2 scene

Canuck comic gets candid

- Russell Peters opens up in a new memoir, but omits some racy tales
- Upcoming projects include Green Card Tour in U.S., Breakaway film

KEITH BEATY



▶ Russell Peters is releasing his autobiography today.

Outspoken Canadian comedian Russell Peters says he didn't want to hide anything when crafting his new memoir, Call Me Russell, out this week.

But when his wife, Monica Diaz, read an early draft that mentioned the wild sexual romps he'd experienced during his rise to fame, she grew upset and so he snipped some of the titillating tales.

"There was another version and my wife read it and started crying," the Brampton, Ont.-raised comic — who married Diaz in August and is expecting a child with her in February — admitted in a recent interview.

"I didn't think anything great would happen in my life... I don't know what happened but here we are, 21 years later, and I've got a book out."
RUSSELL PETERS

Peters says he also decided not to write about a couple of unsavoury characters he's encountered.

"There's a guy that has stolen material from me; I didn't want to put his name in the book," he said.

"There's a guy who's a complete sociopath who's obsessed with me — he's threatening all kinds of stuff — and I won't give him any ink. He doesn't deserve it."

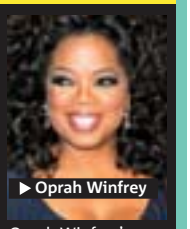
Still, Peters is candid in the book, opening up about his attention deficit disorder and being bullied as a child, expressing disappointment with some of his onstage performances, and revealing that some of his TV-development deals haven't panned out because producers wanted him to "act more Indian."

He also writes that he received death threats over his "Toronto Maple Sikhs" joke that he no longer performs, and that he sold drugs for a brief period as a teen.

Call Me Russell is also an inspirational story about how Peters, 40, rose to fame with an ethnically charged brand of humour that has sold out arenas from London to Sydney to Los Angeles.

THE CANADIAN PRESS

Oprah TV



▶ Oprah Winfrey

Oprah Winfrey's new network is planning series on two pairs of entertainers with complicated lives: country music stars the Judds and actor Ryan O'Neal and daughter Tatum.

The OWN network says both shows will appear sometime next year, along with a new makeover show starring Carson Kressley of Queer Eye for the Straight Guy.

OWN will flicker to life at noon on New Year's Day.

THE ASSOCIATED PRESS



Special operatives steal the show as Medal of Honor takes flight to Afghanistan.

Lil Wayne redefines stardom behind bars

STEVE NESIUS/AP PHOTO



▶ Lil Wayne

He had the top-selling album in the country earlier this month. He's on the president's iPod. He's on the charts with two singles and a collaboration on a third. He's on Facebook with updates for the more than 14 million people following them. He is, in every respect, on.

By the way, Lil Wayne is in jail. But his public persona is anything but locked away.

The rapper, who's on track to be released Thursday after serving eight months in a gun case, is the first artist in 15 years to release a No. 1 album on the Billboard 200 chart while serving a sentence. I Am Not a Human Being spent a week in the top slot and has sold more than 323,000 copies since its Sept. 27 release, according to Nielsen SoundScan.

It's hardly a coveted distinction. But it is both a reflection of Lil Wayne's popularity — he went to jail a multiplatinum-selling Grammy Award winner — and a result of astute manoeuvring.

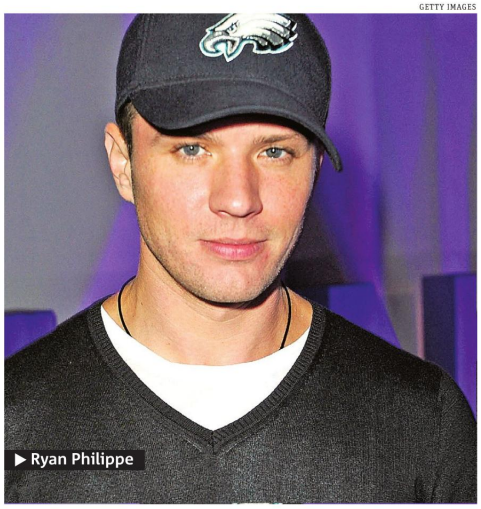
"The challenge was to make sure you feel like he never left," says Bryan Williams, Cash Money Records co-founder.

THE ASSOCIATED PRESS

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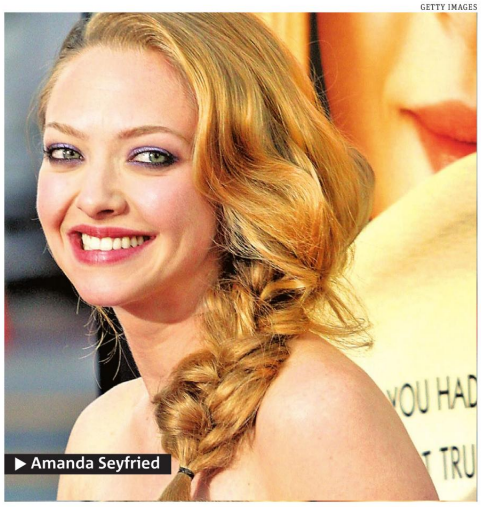
Is it puppy love for Ryan and Amanda?

GETTY IMAGES



▶ Ryan Philippe

GETTY IMAGES



▶ Amanda Seyfried

Though they claim to just be friends, actress Amanda Seyfried and actor Ryan Phillippe are turning heads in Hollywood after being spotted leaving Kate Hudson's star-studded Halloween party together, according to Radar Online.

Philippe did his best to dodge photographers by shielding his face, but Seyfried's elaborate puppy dog costume made the actress pretty easy to spot. ● METRO

Talking points

Not a divorce, Cox insists

SIMPLY A SPLIT. Despite her separation from husband David Arquette, Courteney Cox insists divorce is not in the cards.

"Sometimes you just realize, 'Wow, we actually have grown apart,'" she tells TV Week. "I don't know what will happen, but this is not like we're getting divorced. This is a separation." ● METRO

Honeymoon hurts for Katy

THIS BITES. Russell Brand and Katy Perry's honeymoon might not be living up to expectations, as a nasty spider bite Perry received during the first few days has made things uncomfortable, according to Grazia. The couple is travelling in the Maldives. ● METRO

Celebrity tweets

Stephen Fry is leaving Twitter after being misquoted, Pink isn't impressed, Ashton Kutcher ponders and Steve Martin entertains...



Stephen Fry [@stephenfry] Bye bye



Pink [@pink] Passive aggressive twittering is lame. Kinda sucks. How old are we?



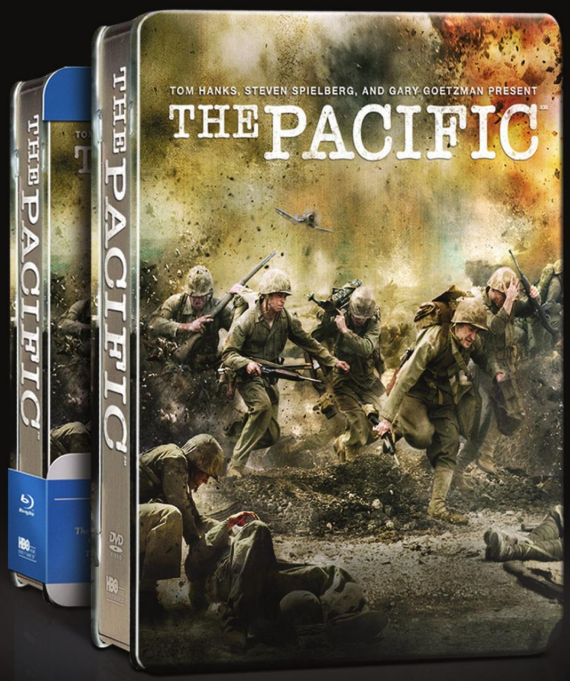
Ashton Kutcher [@aplusk] How much of our success do you think is built on gut intuition?



Steve Martin [@SteveMartinToGo] If you're bored, you might prefer a tweet that is seventy-nine characters long. ● METRO

"MESMERIZING... NEVER LESS THAN SPELLBINDING" - The New York Times

"THE MOST VISCERAL, INTENSE, AFFECTING WAR FOOTAGE EVER COMMITTED TO FILM." - Chicago Tribune



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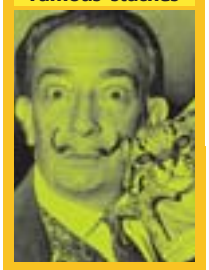
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3 life

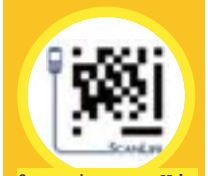
Famous 'staches



Salvador Dali knew a good 'stache when he saw one. These guys did too:

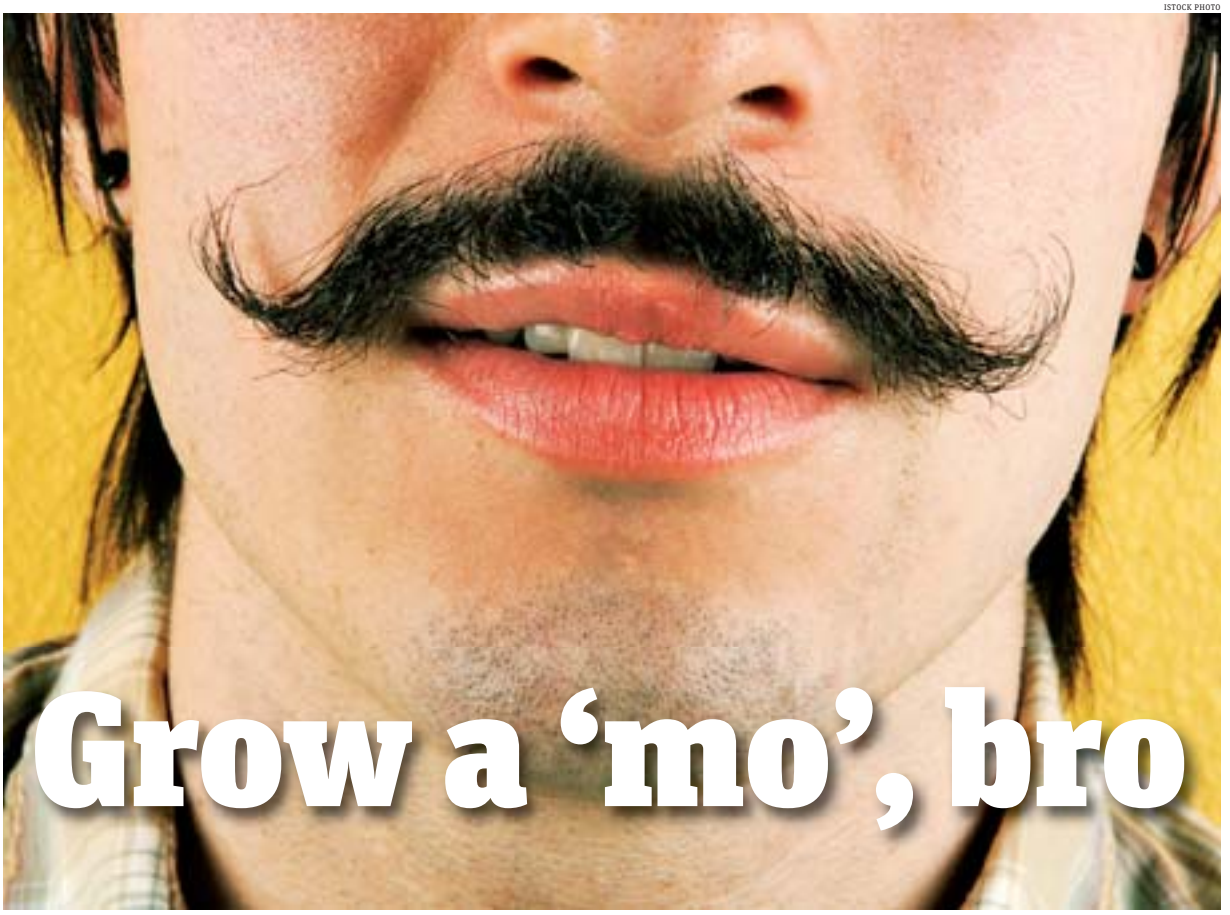
Burt Reynolds
Mark Spitz
Lanny MacDonald
George Harrison
Tom Selleck
Charlie Chaplin
Borat
Albert Einstein
Colonel Sanders
Freddie Mercury
Hulk Hogan
Friedrich Nietzche
Jimi Hendrix
Richard Pryor

CELIA MILNE



Cancer survivor wraps up a 25-day stint in only his underwear for a good cause

ISTOCK PHOTO



Grow a 'mo', bro

Movember moustaches raise awareness of prostate cancer Last year, more than 35,000 Canadians participated, and raised $7.8 million

CELIA MILNE
WELLNESS@METRONEWS.CA

Does the guy beside you have scruff on his upper lip?

Good for him!

He may be a "growing a mo" for Movember — to raise awareness of and funds for prostate cancer.

It's not too late to start. Go to movember.com and register, either alone or as a team.

"Grow a moustache," says Peter Bombaci, a 44-year-old marketing consultant and chair of the Toronto Movember committee. "The cheesier and more outlandish it is, the better the conversation."

This is the fourth year for Movember in Canada.

Last year, more than 35,000 Canadians participated, and raised $7.8 million.

This year is expected to be even better.

"Men need to put their egos away and create a conversation that isn't easy," says Bombaci.

"When my buddies say, 'What's that on your face?' I explain that I'm growing a moustache to raise awareness and funds for prostate cancer, and the conversation turns from a joke to guys talking about their health."



"Grow a moustache. The cheesier and more outlandish it is, the better the conversation."
PETER BOMBACI

The idea for Movember began in 2003 just as many guys' brainstorms do — over a few beers.

A group of men in Australia — inspired by the women around them who were raising money for breast cancer — decided to grow moustaches to help raise awareness of prostate cancer.

Now, the campaign has spread to Canada, the U.S., the U.K., New Zealand, Ireland, Spain, South Africa, the Netherlands and Finland.

Funds raised here go directly to Prostate Cancer Canada for better screening, new treatments and support for men with prostate cancer.

Among those participating are Wendel Clark, Lanny MacDonald, and Brian Stemmle.

Prostate cancer

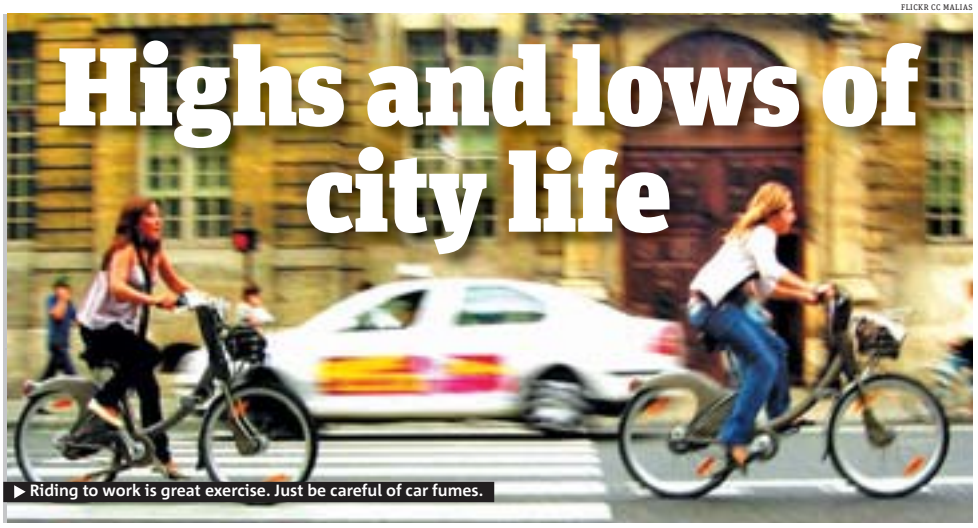
What is a prostate? Should I have mine tested?

- **Stats** Prostate cancer in men is about as common as breast cancer is in women: there will be about 24,600 new cases in Canada in 2010.
- **Survival rates** About 95 per cent of the men who are diagnosed with prostate cancer are still alive after five years.
- **Deaths** Approximately 4,300 Canadian men die of prostate cancer each year.
- **Screening** Finding out early is key to survival. So, talk to your doctor about whether screening is a good idea.

CELIA MILNE



FLICKR CC MALIAS



Highs and lows of city life

▶ Riding to work is great exercise. Just be careful of car fumes.

You're living in the concrete jungle But will spending your days leave you feeling slick, or sick?

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro speaks to New York City-based nutritionist and health expert Lisa Drayer to find out more about how living the urban life can be a buzz ... or a bit of a buzzkill to your mental and physical well-being.

COMMUTE

High and lows: Seats on the bus and the subway accumulate and trap dirt, while hand bars and railings don't exactly get disinfected every hour.

And most big cities suffer from pollution, so an outdoor commute — such as riding your bike, or walking to a subway station — will expose you to car fumes. Don't get me wrong: walking (one hour can burn up to 200 calories) or riding into work is an excellent way to fit exercise into your daily routine. But...

The solution: Try wearing a protective mask when on your bike, and look for quiet routes, avoiding rush hour. And carry hand sanitizer to get rid of subway germs.

FITNESS

High and lows: We can easily stick to going from our beds to the shower to the office. We hustle but we are not always actively physical.

The solution: Walk or ride a bike to work, choose the stairs over the elevator and if you're on the bus or subway, get off one stop early and walk the rest of the way. At the office, walk over to someone's desk rather than sending them an email—the more you move, the more you burn.

NOISE

Highs and lows: Cities rarely get quiet even when it's the middle of the night. Cars honk, buses and cars backfire, pedestrians scream half-drunk — there is always some sort of commotion that could trigger a headache. Late-night action can be a good thing when you need a pint of milk at 3 a.m. or take a night bus home after a party. But you won't get your beauty sleep.

"Cities rarely get quiet even when it's the middle of the night. There's always commotion."
NUTRITIONIST AND HEALTH EXPERT LISA DRAYER

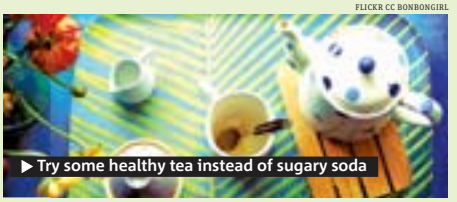
The solution: Grab your MP3 player, plug in the headphones and listen to music as you drift off. Quiet, soothing music, of course.

SLEEP

Highs and lows: Late nights spent glued to our desks writing up a business proposal (or, um, scanning Facebook), with a hectic social life on the side, means most of us don't sleep the recommended eight hours a night.

The solution: Limit evening phone calls and weekday dinners, saving them for Saturdays and Sunday, when you have more free time.

FLICKR CC BONBONGIRL



▶ Try some healthy tea instead of sugary soda

Nutrition

Highs and lows: Meetings, deadlines, video calls... little time means we grab the first thing we fancy to chew on the go. Our eating patterns tend to be erratic as we suck down eats lacking in vital nutrients. There's no excuse: A city so diverse gives you plenty of choices in terms of what and where we eat.

The solution: Instead of heading straight for the fast-food joint, or a candy bar, go for the healthier option such as salad bars or fruity snacks. You can order online from health food stores or see if there is a local farmers' market near your office.

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Pulling the tear trigger

Why do humans cry? The reasons are both emotional and biological
Don't get too sad – this story has a happy ending



ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

FLICKR CC VIKTORVALENZUELA



▶ Children cry to signal distress.

It is largely accepted (though unconfirmed) that humans are the only animals with the ability to shed emotional tears.

In the 1980s, Dr William Fey, a researcher at the Ramsey Medical Center in Minneapolis, established that reflex tears were composed mainly of water (98 per cent) whereas emotional tears contained the stress hormone prolactin.

Weeping, or emotional crying, is a necessary biological action triggered by the body to release toxins and provoke the "feel-good" factor people need after a good cry.

Therapist Marisa Peer believes there are two main triggers to emotional tears: extreme emotion and the establishment of distress.

Extreme emotion: From bumps or bliss

Emotional tears release stress hormones, so crying helps us release psychological tension. The emotions can include fear, happiness, shock, pain or sadness, which explains why after a fight, or a fall, most people will well up — a reaction that can be difficult to control, especially when the feeling is intense.

Peer explains that crying releases endorphins, the get-high hormone.

"It's the same that is released during extreme physical exercise and sex, which explains why some people cry after having an orgasm.

"We cry from happiness, elation, laughter, anger and basically all extreme and intense emotions we are capable of feeling," Peer said.

Calling out an SOS: Establishing distress

If you see someone crying — a random person, a good friend, Julia Roberts in a movie — your instincts will kick in.

The sight of somebody in tears within our proximity will draw us in, either to help, protect or comfort them.

Crying triggers our protective instinct, acting as a sort of SOS or establishing a signal of distress.

"Our need for and ability to offer protection, sympathy and empathy play a crucial role in crying," Peer said.

This idea goes way back in time, when men would go hunting, leaving the women and children behind.

The women, left alone, would need a natural "signal" if they were in need of help, which may explain why most men tend to be less open about their emotions, and tend to be uncomfortable with crying in public (more so than women).

Crying is also an attention grabbing action. Think of a baby.

The more someone cries, the more we want to take care of them.

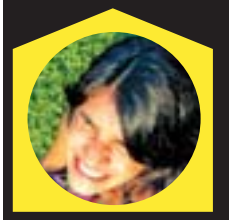
The benefits

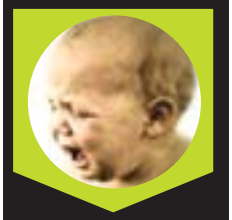
Let it out! Crying is an important stress release and a vital biological reaction for our emotional wellbeing. We feel better after we have cried and often more relaxed and less tense.

Crying is a protective instinct, one that makes us more aware of the distress of those surrounding us.

Up and down

Calorie burning
Crying burns roughly the same amount of calories as laughing, which is an average of 1.3 calories per minute. Who ever said if was better to laugh than to cry?





Hunger cries
Babies' hunger cries tend to be rhythmic and a sudden loud burst is usually followed by them pausing to catch their breath and then more crying. Your parents know what we're talking about.

Dealing with the grief

Hospitals find new ways to help mothers and families deal with miscarriages, still births

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Tina Foley gave birth to her stillborn daughter, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

Tina Foley and her husband were gearing up for the arrival of their first child, excited about the furniture, toys and baby clothes they had bought in the months before the birth.

The communications consultant had had a fairly typical pregnancy, but went in to the hospital at around 24 weeks suffering from what appeared to be chronic morning sickness.

Days after she was admitted, nurses discovered there was no heartbeat and, within hours, Foley was wheeled down to ultrasound where it was confirmed she had lost the baby.

On Nov. 10, 2007, Foley delivered her stillborn child, Micheline, and began a grieving process she says was helped by the way many hospitals now care for women who have experienced miscarriages, stillbirths or neonatal losses.

The IWK Health Centre in Halifax provided the couple with a memory box containing the clothes Micheline was wearing, a name certificate, finger and footprints and two parts of a locket — one half for Foley, the other for her daughter.

"We had a service for her and asked for her to be baptized and named," said Foley, 34.

"The nurses got her ready and she was wearing a sleeper and wrapped up in a blanket with a bonnet...they stayed with us and participated in the service. I can't speak enough about the passion of the nurses there."

The hospital, like many now in Canada, also offers to take photographs of babies to ensure families have lasting memories of lives not often recognized.

The effort to memorialize babies like Foley's is part of a growing acknowledgment in Canada of the thousands lost every year. **THE CANADIAN PRESS**

Thoughts on... Purpose

Service above self

ADVICE The purpose of life is to serve in a way that brings great joy and fulfillment to yourself and others.

Don't worry about finding your purpose. Instead focus on serving with the highest of intentions.

Everyday focus on serving. The more you serve, the more the universe will reveal your life purpose.

It might come in the form of a song on the radio, or a newspaper headline that catches your eye or just a simple phrase that stops you in your tracks — be mindful of the signs, messages and signals of your life purpose in whatever form they appear.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

NATE PADAVICK/THE ASSOCIATED PRESS



▶ This illustration shows a wheatberry pilaf recipe by Nate Padavick and Sarah Cowles from TheyDrawandCook.com.

Sketchbooks and spatulas unite

Turns out plenty of people are as handy with a spatula as with a sketchbook.

Call them culinary artists. They are the contributors to the increasingly popular recipe blog TheyDrawandCook.com, a site that reimagines basic recipes as artful illustrations drawn with a whimsically homey touch.

So far, the site, launched in February, has drawn hundreds of submissions, spawned a kids page and is on its way to becoming a book, scheduled to come out next year.

But it began with much humbler ambitions, says co-founder Salli Swindell.

"It was really just started out of pure, 'This will be fun,'" she said. "I think it's kind of stayed that way."

The genesis for the site came from a meal Swindell's brother, Nate Padavick, cooked during a family vacation. He was recreating a fig pasta dish he'd had in Berlin and when Swindell saw the figs she was inspired to get out the watercolours, then scan the finished painting into the computer.

"I thought, 'I love illustrating food! What have I been doing all these years?'" recalled Swindell, who has worked as a magazine illustrator and for a greeting card company and now runs an online design studio with Padavick.

The first thought was to work with other artists to create a self-published book that could be given as gifts. But delays in getting some of the art turned to frustration. So instead the project turned into a blog. Then it started getting noticed.

First, came a big following from people in Brazil. Then the blog caught the attention of illustrators in England. "Once you're with those London illustrators, oh my gosh," said Swindell.

"I thought, 'I love illustrating food! What have I been doing all these years?'"
THEYDRAWNADCOOK.COM'S SALLI SWINDELL

The original point of the blog was to provide a platform for illustrators to show off their chops, while showing off their, well, chops.

But it also has generated an interesting conversation about food media — that food illustrations might engage people in a way that increasingly slick food photography may not.

"I read a lot of food blogs — there's just a sameness to the visuals," said Janice Gregg of Philadelphia, who blogs about food, culture and technology.

Technological advances have made the close-up, deeply saturated food photo easier to get and they can be beautiful, she said. But "to me, it's just sort of a little bit of a break on the eyes not to be looking at all that photography."

THE ASSOCIATED PRESS

Far reaching

- Illustrations on They Draw and Cook range from fairy-tale whimsy and cute critters cooking in aprons to bold graphics. A watercolour recipe rendering of moules frites by Hannah Clark, an English contributor, is a symphony of blues and yellows.
- A recent contributor to the blog was Sean Ingvard Ashby of Edmond, Okla., submitted an illustrated recipe for Danish pancake balls.
- As an illustrator, Ashby liked the pictorial focus of the blog. "There was something kind of nice, I thought, in that this was fairly specialized. It was just one simple concept."

Time to chill out on a chilly night



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

If I needed any reminding that it's fall, the sound of my electric baseboard heaters coming to life when I finally turned up the thermostats around the Rockwell mansion last weekend brought it all home.

As the days (and nights) get colder I warm to fuller-bodied red wines: Those that offer stick-to-your-ribs goodness without sacrificing any nuance. One of the best of that genre is Amarone.

Produced from dried grapes in Italy's Veneto province, Amarone is a dry (its sweeter sister is called Recioto) wine with a high alcohol level; and though it's certainly food worthy (think complex meaty dishes) it's best served with strongly flavoured cheeses like Gorgonzola and Parmigiano-Reggiano, or with nothing but good conversation while chillin' on a chilly evening.



Cantina di Negrar's 2006 Amarone della Valpolicella Classico ($34.95 - $39.99) is a bright, mouth-filler that balances the booze with a ripe, rounded burst of plum and light raisin fruit.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

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Photo courtesy of Julie Lefebvre, France. Metro Photo Challenge Local Finalist 2009.

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Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS



Q: I want to redecorate my home, but my husband has no opinion on anything—from paint colours to lamps and furniture. How do I get him involved?

Angela says ...

Paint a wall pink and see if he has an opinion. But seriously, if he's not interested, he's not interested. Some husbands genuinely don't care, or trust their wives enough that she'll know not to choose pink. Heck, some girls don't care if the wall is stone, stonewall or weathered stone (myself included). I'm also indifferent when my husband goes on and on about how many pixels our TV should have. I figure since I don't really care, he can make that decision on his own.

Derek says ...

Let's be honest, how involved do you really want your husband in this process? Decorating together invariably ends with one person in tears, sometimes both. You can drag him with you on your shopping trips to Bouclair, but he'll only be marginally engaged at best. When it comes to choosing paint colours and fabric, present him with two or three options, highlight your favourite and he'll nod approval. If you want him to express a bit of enthusiasm, make sure to include pit stops at Best Buy and the Sony Store during your Saturday afternoon excursions. Everybody wins.

LOVE ON THE SOCIAL NETWORK

Names: Leisha, 29, and Byron, 36
Hometown: Surrey, B.C.

Together since: 2007

Their story:



▶ Leisha and Byron

How We Met: Leisha & Byron

"I (Byron) first saw Leisha while I was waiting in line at a Granville (B.C.) nightclub. I noticed an attractive women standing with friends in the bar, but I was with a big group that night and really wasn't looking to find true love.

"Then a girl approached me and asked me to talk to her friend. I was hesitant at first, but then I realized that the girl's friend was Leisha — the same attractive woman I'd spotted earlier. I introduced myself, but my words got a little jumbled, so I told her to look me up on Facebook. Yes — Facebook! I was new to the social networking scene and decided to throw it out there. A few weeks passed and I hadn't heard anything from Leisha. I assumed she wasn't interested. I even remember telling my roommate, 'I think I lost my future wife.' But then one day I received a Facebook message from Leisha. We chatted online for a few more weeks and then decided to meet for lunch. It was the best lunch date ever! The conversations and chemistry were so easy and relaxed. Leisha and I got married earlier this year at the UBC Boathouse in Richmond, B.C."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Princess Boy at centre of gender debate

A little boy in a bright red dress and his mom's picture book about acceptance are front and centre in a biting debate over a question well beyond his years: Are society's gender roles so rigid that a male child can't have fun in a tutu?

Cheryl Kilodavis self-published My Princess Boy over the summer about the sometimes cruel reaction five-year-old Dyson faces when he wears sparkly frocks, twirly skirts and jewelry. She shared it with his school and hopes it will be used as a tool for teachers, daycare centres, summer camps and after-school programs to address bullying and promote tolerance.

What the Seattle mom hadn't anticipated was that her family's appearance on local TV — with a sullen Dyson in red dress and sparkly pink socks — would land on YouTube, light up Twitter and produce packs of snappish doubters along with loving support from around the world. "It's been, you know, the dialogue is happening, which is the goal," Kilodavis said.

Much of the positive reaction has come from educators, parents of like-minded boys and members of the gay community. Much of the negative seems centred on the video of Dyson as he sits sullenly next to his mom on a talk-show couch, flipping through the book and sniffing from a cold while he listens in on the grown-up conversation.

"I like to dress up in different kinds of clothes and jewelry," the boy offers on KING5-TV's New Day Northwest.

"I'm not here to judge if it's right or wrong for him to be an outcast, but the reality is he's going to be and you're not protecting him from it."

YOUTH CO-ORDINATOR ALAJAUAN ADAMS

The host asks: "'Cause it's fun?"

"Mm h'mm," Dyson responds.

Some wonder whether his parents' indulgence has led them into dangerous territory, and whether putting him on TV to sell books, no matter how valuable to others, was a wise thing to do.

Radio blogger Lashaun Turner, the 46-year-old mother of three grown children (including two boys) in Riverside, Calif., was taken aback by Kilodavis tracing Dyson's fashion sense to age two. "I mean it's just crazy. Your two-year-old is picking out pink colours and wanting to wear pink dresses and so therefore you start buying him dresses? I mean a two-year-old has not a clue as to whether they're boy, girl, fruit, vegetable or a rock." THE ASSOCIATED PRESS

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Fun and Frugal



LESLEY SCORGIE
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Major travel expenses can easily be slashed in half by travelling in the off season; tour Europe in April versus July.

Or travel to a hidden gem that's largely undiscovered and not a tourist hot spot; visit Croatia versus Italy or stay in the suburbs.

Last minute travel can be booked for a bargain so long as you're flexible on date, destination, flight schedules and accommodations.

Get ready for a hit to your cash

Already looking forward to some southern sun as winter's cold grasp looms? Some advice, wait

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



The snow (at least in most parts of Canada) hasn't arrived yet but many of you are already scanning the travel pages for winter getaway deals. There's nothing like taking off in the dead of winter to cure the February blues.

But here's the problem: holiday sticker shock. Those advertised all-inclusive resort deals, cruises or ski packages are so tantalizing and seem so darn cheap. But come time to check out the bill that's inflated by extras, and it's suddenly double the price than when you booked.



▶ Make sure you don't underestimate the cost of your trip.

And I'm not even talking about what you might spend on a shopping trip or at the resort gift shop. That financial ouch doesn't hit you until the tan is fading and the credit card bill arrives.

Avoid holiday sticker shock by laying out all your costs. Can you handle it? If not, rethink your holiday. Here are some budget items to consider.

- **Add in tips:** Everything from taxis to room service tips have a way of sneaking up on you. Set aside a cash amount for tips.
- **Figure in upgrades:** Fresh off the plane and eager for the beach or slopes, it is easy to go for the upgrades offered from bigger rooms to VIP service. If you have upgraded in the past add it in to your holiday budget.
- **Taxes:** Many areas have charges beyond the sales tax. Find out ahead of time and add it in.
- **Liquor:** It flows freely, literally, at many resorts and cruises, but if you like a better quality bottle of wine, for example, it will cost you.
- **Sightseeing:** Guided trips are a great way to get to know a destination. If you don't know extra charges in advance contact the resort or tour operator for details.

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BANK	RATE
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ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

How to prevent personal fraud now

Over the past few years, an increasing number of headlines about people who have lost their life's savings due to ponzi schemes have appeared. Unfortunately, this type of personal devastation is not restricted to North America. In fact, it's a worldwide problem. Luckily, there are things you can do right now to ensure that you don't also become a victim.



Step 1: Do your research. How well do you know your advisor?

The best way to protect yourself against fraud is to be proactive. If you're in the market for a new financial advisor, ask your friends and family for a referral. Has the advisor been well trained? Do they have a strong foundation in financial education and certification? Do they work for a reputable company? If they're independent, would they be recommended by any of their current clients? It's important to check their credentials with the Financial Advisors Association of Canada, the local better business bureau or the local regulatory body's information centre or website. Remember that an advisor who sells insurance products must be licensed by a provincial oversight agency.

Step 2: Keep a cool head.

When you meet with your potential advisor, make sure you're not swayed by a person's title or by their sales pitch. Be particularly wary of anyone who promises high returns or asks you to write a personal cheque to them instead of their firm.

NEWS CANADA



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4 sports

Hockey news

Jon Sim
The New York Islanders waived the veteran forward yesterday. If the 33-year-old clears waivers, he is expected to be assigned to the American Hockey League. He had just one assist in 11 games.





Milan Jurcina
The former Halifax Mooseheads defenceman, now with the New York Islanders, is out for two to four weeks with a hamstring injury. The 27-year-old had two goals and one assist in 10 games.

Scan code for sports

- Embattled defenceman Clarke kicked off the team after a season and a half
- Lack of on-ice discipline 'part of' the problem, says head coach
- Trade coming in December

METRO



▶ Garrett Clarke has played his last game for the Halifax Mooseheads.

'It was just time.' Moose done with Clarke



MATTHEW WUEST
@METRONEWS.CA

Bobby Smith didn't want to get into specifics about why he sent Garrett Clarke packing yesterday.

"It was just time," the Halifax Mooseheads majority owner and head coach said. "I don't think there's any merit in us belabouring it."

Clarke, a rugged, hard-shooting defenceman who turns 18 tomorrow, has been kicked off the Mooseheads' roster after a tumultuous season and a half with the club.

He was a healthy scratch on Saturday after being benched on Friday for an undisciplined penalty — a series of events that has repeated itself a number of times since Clarke arrived in a trade from the Lewiston Maineiacs in June 2009.

When asked if there was more to it than Clarke's lack of on-ice discipline, Smith said, "Yeah." But he refused to get any more specific, only saying that bad penalties were "part of it."

"It's not just an undisciplined penalty here or there," Smith said. "If somebody else goes out and takes a couple of bad penalties next Friday, we're not going to remove him from the roster.

"It was just something we think is best for both sides."

Clarke, who was drafted sixth overall by Lewiston in 2008, is eligible for next June's NHL draft.

He had 22 points and 165 penalty minutes in 45 games last season for the Herd and six points and a league-leading 53 penalty minutes in 18 games this season.

The Mooseheads will need to wait for the trade period from Dec. 19 to Jan. 6 to deal Clarke.

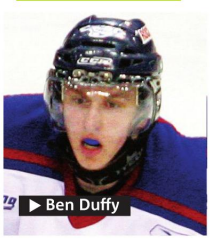
"Hopefully, he'll have a good second half somewhere," Smith said.

While waiting for a trade, Clarke could play junior A in the Maritime Junior Hockey League with the Amherst Ramblers or head south to the United States Hockey League.

Clarke did not return phone messages yesterday. His father, Tim Clarke, told Metro that Garrett "has been instructed (by his agent) ... to give no interviews at this time."

His agent, Allain Roy, is in Europe and had not returned an email at press time.

Around the Q



▶ Ben Duffy

- The Halifax Mooseheads, 6-13-1, are back in action on Friday and Saturday at the Metro Centre with the Chicoutimi Sagueneens (6-9-4) and Shawinigan Cataractes (9-6-1) in town.
- P.E.I. Rocket goaltender Evan Mosher, who posted a 28-save shutout against the Halifax Mooseheads on Friday, was named one of the QMJHL's three stars of the week yesterday.
- Lower Sackville's Ben Duffy has 21 points in 19 games, but is currently mired in a four-game scoring slump. He's still leading the Rocket in scoring.

D-men get opportunity with Herd

The Halifax Mooseheads will move ahead with seven defencemen after yesterday's departure of Garrett Clarke.

The Mooseheads, who regularly scratched two healthy defencemen while Clarke was around, now have a more manageable situation that will benefit youngsters Trey Lewis and Jamie Bishop.

Lewis and Bishop, both 17, were the players most frequently sitting in the press box when the Mooseheads were healthy.

Majority owner and head coach Bobby Smith said Clarke's top-four minutes and power-play time will be accounted for by committee. He said there are no plans to call up reinforcements from junior A.

"We'll make it work," he said.

Konrad Abeltshauser and Pascal Amyot are expected to man the points on the No. 1 power-play unit, while Steve Gillard, rookies Bishop and Simon Desmarais, and potentially a forward, will factor in on the second unit.

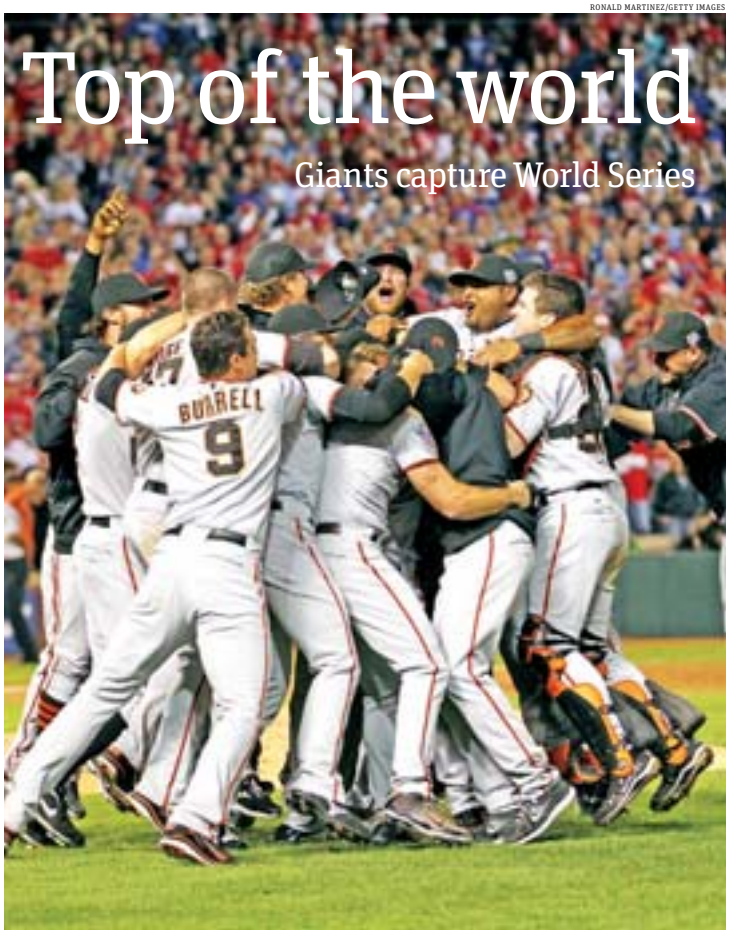
Bishop, who was drafted 19th overall in 2009, has been scratched for 11 of 19 games but had two assists in place of Clarke on Saturday.

MATTHEW WUEST

RONALD MARTINEZ/GETTY IMAGES

Top of the world

Giants capture World Series



The prize that eluded Willie and Barry at long last belongs to the San Francisco Giants, thanks to a band of self-described castoffs and misfits and their shaggy-haired ace.

Tim Lincecum, Edgar Renteria and the Giants won the World Series last night, beating the Texas Rangers 3-1 in a tense Game 5 and taking the trophy home to the city by the Bay for the first time.

It was an overdue victory — the Giants last wore the crown in 1954, four years before they moved West. So much for a franchise that never quite got it done in October despite the likes of baseball giants Willie Mays, Barry Bonds and Juan Marichal. It's November, and now new stars stand tall in San Francisco.

Lincecum outduelled Cliff Lee in an every-pitch-matters matchup that was scoreless until Renteria, the Series MVP, hit a stunning three-run homer with two outs in the seventh inning. Nelson Cruz homered in the bottom half, but Lincecum returned to his wicked self and preserved the lead.

GIANTS	RANGERS
3	1

Lincecum won this game of Texas Hold 'em, beating Lee for the second time in a week. The two-time NL Cy Young winner gave up three hits over eight innings and struck out 10.

Brian Wilson closed for a save, completing a surprising romp through the post-season for a pitching-rich team that waited until the final day to clinch a playoff spot.

Manager Bruce Bochy enjoys calling his Giants a ragtag bunch. Maybe Cody Ross, Aubrey Huff and Freddy Sanchez fit that description. But the foundation of this club — for now, for the foreseeable future — is totally home grown, built on a deep, talented and young rotation, a rookie catcher with huge star potential and their bearded closer.

Renteria reprised his role of post-season star. His 11th-inning single ended Game 7 of the 1997 World Series and lifted Florida over Cleveland. Forget that he made the last out in the 2004 Series that finished Boston's sweep of St. Louis — this journeyman's path led to another title, helped by his go-ahead home run in Game 2. THE ASSOCIATED PRESS

CHRISTIAN PETERSEN/GETTY IMAGES



▶ Edgar Renteria of the Giants belts a three-run homer off Cliff Lee last night.

0

The AL champion Rangers became the first team since 1966 to get shut out twice in a World Series, with big hitters Josh Hamilton, Vladimir Guerrero and Nelson Cruz left taking half-swings or flailing wildly.
THE ASSOCIATED PRESS

Lack of experience hasn't stopped Patriots from posting NFL's best record

The Patriots defence has five rookie starters. Their top two rushers weren't drafted. Their strength of schedule is the sixth toughest in the NFL.

And their record is the league's best.

The transition from an old team that won three Super Bowls to a successful young group has been a speedy one. Of their 53 players, 23 are in their first or second seasons. Youngsters have made major contributions to the Patriots 6-1 record.

"That's just a testament that we're all buying into the system," cornerback Kyle Arrington, in his first year as a starter, said yesterday. "We read the sign (near the locker room) when we leave and we read the sign there when we come in. And it says, 'Do your job.' And if you don't do that, we can't be successful."

That job isn't easy, not with coach Bill Belichick's complex gameplans. Those who can't comprehend or work hard don't last long. Those who can do that stick around, no matter their draft position, reputation or contract size.

Or age.

"We've got a lot of young players, but I don't really care about all that," Belichick said. "What I care about is how the team functions as a unit."

It's functioned very well under Belichick, now in his 11th season as the Patriots coach.

ELSA/GETTY IMAGES



"Six wins doesn't do any good right now. We've just got to start winning in November and December and see where we can get."
GUARD STEPHEN NEAL

They won the AFC East in six of the past seven years. They reached the playoffs in seven of the past 10. Through seven games from 2003 through 2010, they were 7-0 once, 6-1 and 5-2 three times each and 4-3 once.

But Richard Seymour, Rodney Harrison, Tedy Bruschi, Mike Vrabel, Asante Samuel, Randy Moss and Laurence Maroney were on many of those teams. All are gone now.

Now the Patriots, who had a checkered drafting record for much of the decade, have nine players from the 2009 draft and eight from 2010 — including rookie defensive starters Devin McCourty, Patrick Chung, Jermaine Cunningham, Brandon Spikes and Brandon Deaderick. Aaron Hernandez, a fourth-round pick this year, has the third most yards per catch, 13.4, among NFL tight ends.

"I think it is really hard with young players to project and predict how it will go," Belichick said. "At some point, when you have enough experience and the results are in over a significant period of time, I think there is a point where you have a much better gauge on it. But sometimes that isn't until two or three years down the road."

The Patriots beat the Minnesota Vikings 28-18 on Sunday. The New York Jets and Pittsburgh Steelers, the only other teams that began the day with just one loss, both dropped their games.

New England's next test comes Sunday at the Cleveland Browns (2-5). The two games after that should me much tougher, at Pittsburgh and at home against Indianapolis.

This season's success has all but washed away last season's finale, a surprising 33-14 loss to the Baltimore Ravens in the first round of the playoffs, a game New England trailed 24-0 after one quarter.

Of course, receiver Wes Welker wasn't in that game, and his return this year has been a boost. He has 40 catches, and has made an unexpectedly quick recovery from major knee surgery.
THE ASSOCIATED PRESS

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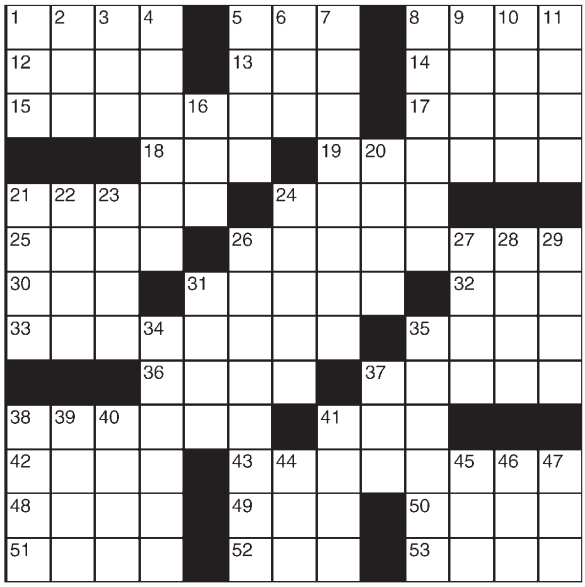
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Crossword



Across

1 Bridge
5 Depressed
8 Break suddenly
12 Greek vowel
13 Overseas agreement?
14 Story
15 "USA Today" graphic, often
17 React to yeast
18 Scenery chewer
19 His work is fitting
21 Remained upright
24 Ailing
25 Cookware
26 2003 Celine Dion album
30 Performance
31 Win by —
32 Pool stick
33 Joined (in)
35 Sherilyn of "Twin Peaks"
36 For fear that
37 Rosters
38 Open out, as a flag
41 Depilation method
42 Protein source
43 Priced separately
48 Mercedez-—
49 Bottom line
50 Blue hue
51 Wild revelry
52 Preschooler
53 Nervous

Down

1 Taste the tea
2 Luau bowlful
3 Dined on
4 Chips served with salsa
5 Clayey soil
6 Lord's Prayer start
7 Most likely to make a pun
8 Hit
9 Hammer's target
10 As well
11 Equal
16 Possessed
20 Rue the run
21 Lovers' quarrel
22 Mexican entree
23 Aware of
24 Quick drink
26 Tilted
27 Experts
28 Little one
29 Change for a C-note
31 Mimic
34 Hardly agile
35 Concentrate (on)
37 Fond du —, WI
38 Knob on a shield
39 — -do-well
40 Venom spout
41 Power measure
44 Writer Buscaglia
45 Crimson
46 Playground game
47 Actor Ron

▶ Yesterday's answer

E	R	A		J	A	S	O	N		B	R	A		
L	I	D		A	G	O	R	A		E	E	L		
F	O	O	T	B	A	L	L	S		G	E	L		
			O	B	I		O	S	S	I	F	Y		
B	A	T	T	E	N		N	E	O	N				
O	U	R		D	S	L		R	U	N	T	S		
O	R	E	S		T	A	D		P	E	R	E		
N	A	A	C	P		M	E	W		R	U	N		
		S	U	E	S		B	A	S	S	E	T		
A	L	U	M	N	A		A	S	P					
F	O	R		P	U	R	C	H	A	S	E	S		
R	O	E		A	N	G	L	E		A	B	E		
O	P	S		L	A	S	E	R		P	B	A		

Sudoku

		1			6			4
6				2				
		7				8	5	
9			6	4				7
3			2		9			5
2				5	3			9
	9	6				7		
				1				3
7			8			1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	9	6	4	1	2	5	7	8
4	1	7	8	9	5	6	2	3
2	5	8	7	3	6	9	1	4
5	8	4	3	2	1	7	9	6
1	6	2	9	7	8	3	4	5
7	3	9	6	5	4	1	8	2
9	4	1	5	8	3	2	6	7
8	2	3	1	6	7	4	5	9
6	7	5	2	4	9	8	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hi Germy, You smile and shiny head light up my Friday mornings. Can't wait to do more crosswords with you. Kiss, **CAROLINE**

Hey Jables, Happy Birthday my love :) Can't wait to see you tonight. **SKITTLEZ**

I was nothing before i met you and you made me become everything. You make me happier than i thought i could ever be. With whole heart, love you **SUE**

To the love of my life(RWR), It took years to find you, though we have only been together for a short time, you just know when it's right. I love you endlessly, and you make my day worthwhile. Your charm, and personality has made me fall deeply in love with you each day. It's going to be a wonderful life with you lovey! Your honey of a bunny. **LB**

Today 5°/-2° Variable 40%
Wednesday 5°/-2° Mainly sunny
The Weather Network You have voted us #1 for best forecasts on TV. Thank you Canada!
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your generosity knows no bounds. But does everyone who needs your help really deserve it? Save your best for those who do.

♉ Taurus April 21-May 21 The message of the stars today is that you must not hold grudges, not even if you know you've been cheated. Forgive and forget — not for other people's emotional benefit but for your own.

♊ Gemini May 22-June 21 There may be nothing you cannot do at the moment, but just because there is nothing you cannot do does not mean you have to do everything. Perform only those tasks that are cost efficient in terms of time and energy.

♋ Cancer June 22-July 22 You will lighten up considerably and get more enjoyment out of life. There is a deeply loving side to the Cancer nature — a side that must not be ignored.

♌ Leo July 23-Aug.23 No matter how busy you might be at the moment you must make time for your nearest and dearest. There will rarely be a better time to let loved ones know just how much you care for them. Don't just say it — prove it.

♍ Virgo Aug. 24- Sept. 22 Some people like to chatter away for no good reason but you consider that a complete waste of time, and anyone who tries to interest you in idle gossip today must be told in no uncertain terms to desist. Be brutal.

♎ Libra Sept. 23-Oct. 23 Something bright and sparkly will catch your eye today and no matter how much it costs you've just got to have it. If you've got the cash to spare by all means go for it, but don't borrow to pay for it.

♏ Scorpio Oct. 24-Nov. 22 Do whatever it takes to avoid arguments and disagreements, both at home and at work. The last thing you want right now is to waste your precious time and energy on ego clashes.

♐ Sagittarius Nov. 23-Dec. 21 If you need to get away from the social whirl and be alone with your thoughts for a while then just do it. You don't have to ask anyone's permission..

♑ Capricorn Dec. 22-Jan. 20 Get out and about and take a bigger part in the world. There are people out there crying out for your leadership skills. Would you deny them?

♒ Aquarius Jan. 21-Feb. 18 As far as some people are concerned you can do no wrong, but in a way that's dangerous because you are human like everyone else and if you make a mistake it will disillusion them.

♓ Pisces Feb. 19-March 20 You are finding it a lot easier to relax now the Sun is moving through one of the more positive areas of the sky, but don't relax so much that you switch off completely. Keep your wits about you. There's money to be made. **SALLY BROMPTON**

Caption contest

BULLIT MARQUEZ/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

TINA FINEBERG/THE ASSOCIATED PRESS




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AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Grand Paradise Samana • 3 1/2★
All-Inclusive
Superior garden rm.
Nov. 7 – 28 • 1 wk.
$449
+Taxes & other fees: $324

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Nov. 7 – 28 • 1 wk.
PRIVILEGES
$549
+Taxes & other fees: $324

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
Nov. 7 – 28 • 1 wk.
$549
+Taxes & other fees: $324

CUBA

Cayo Coco/Cayo Guillermo

NH Krystal Laguna Villas & Resort • 3 1/2★
All-Inclusive • Club laguna rm.
Feb. 12 – Mar. 5 • 1 wk.
$899
+Taxes & other fees: $154

Varadero

Allegro Varadero • 3★
All-Inclusive • Superior rm.
Feb. 11 – Mar. 4 • 1 wk.
$979
+Taxes & other fees: $154

Holguin

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
Feb. 26 & Mar. 5 • 1 wk.
$1079
+Taxes & other fees: $154

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Exclusive, renovated standard rm.
Feb. 7, 14, 21 & 28 • 1 wk.
PRIVILEGES
$1499
+Taxes & other fees: $144

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Feb. 7, 21 & 28 • 1 wk.
PRIVILEGES
$1599
+Taxes & other fees: $144

MEXICO

Cancun/Riviera Maya via Montreal

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 14 • 1 wk.
$1509
+Taxes & other fees: $289

USA

Orlando via Montreal or Toronto

Clarion Resort & Waterpark • 3★
Double guest rm.
Dec. 7 & 8 • 1 wk.
$739
+Taxes & other fees: $134

CRUISE

Celebrity Cruises[1]

Celebrity Summit℠
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. 9
Jan. 8 • 1 wk.
$1039
+Taxes & other fees: $276



REAL RESORTS

MEXICO

Cancun/Riviera Maya via Montreal

Gran Caribe Real Resort & Spa • 4 1/2★
All-Inclusive • Junior suite
Jan. 14 • 1 wk.
$1479
+Taxes & other fees: $289

Gran Porto Real Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 14 • 1 wk.
$1649
+Taxes & other fees: $289

Midnight RUSH

One mystery destination from Mexico or the Caribbean will be on SUPER SALE Thursday at MIDNIGHT (ET) to Friday at 9 a.m. (ET)

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All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 2 & 6, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Halifax to San Juan via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Celebrity Cruises Inc. ships' registry: Malta and Ecuador. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

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